



Mrs. Blanche E. Roebling, the "Lady Boss" of the John A. Roebling's Sons Company bridge works at Trenton, N. J. Col. W. A. Roebling, founder of the business, built the Brooklyn





The Art of making Perfect Salad Dressings with MAZOLA

ADE from fresh, live materials, they furnish remarkably beneficial properties for nerves, blood, body and brain.

Our own food scientists have discovered and advocate the benefits of vitamine principles contained in leaves of salad plants. For convenience and economy several kinds of fruits, canned or fresh, may be combined, as

in Frozen Fruit Salad; or several cooked vegetables, none of which might be sufficient to serve alone, as in Perfection Salad, are a real treat, and nourishing.

A can of salmon, while serving very well for the hurried luncheon, can be transformed into a delectable dish by the addition of a few leaves of crisp lettuce, shredded, and a chilled cucumber, diced; all blended with a mayonnaise dressing. Meats, as well as fish, form appetizing salads.

The really important part of the salad is the dressing - whether French or mayonnaise. From either of these basic dressings many pleasing varieties may be concocted.

Mazola makes a most delicious and economical salad dressing

Mazola mixes readily with other salad ingredients, making a French dressing, or mayonnaise that is smooth, delightfully firm, and so bland and adaptable that it harmonizes with the flavoring of any salad dressing.

It is a great saving of time to make up French dressing in quantity. It takes little longer to measure for a pint than for a single salad amount, and with this foundation you may quickly mix a number of new, tasty dressings.

The same is true of mayonnaise made in extra proportions. From it may be compounded Sauce Tartare for fish, Ambrosia for fruit macedoine, Thousand Island, Remoulade, Russian and other dressings that go so acceptably with green salads.

Color Mazola-Mayonnaise

Where color schemes are desired mayonnaise, a beautiful yellow, is often appropriate just as made. It may, however, be changed to pink, red or green By A. Louise Andrea

Mrs. Andrea was awarded the gold medal as lecturer on food and culinary topics, at the Panama-Pacific International Exposition, San Francisco, in 1915; appointed official lecturer on foods and canning for the New York International Exposition in 1918; and recognized as one of the greatest living authorities on food preparation.



MAZOLA FRENCH DRESSING

Dash of paprika Put contents in bottle and shake until blended. Chill before using.

TARTARE SAUCE

2 tablespoons chopped gherkins 2 tablespoons chopped capers 2 tablespoons chopped olives 1 tablespoon minced paraley

I cup mayonnaise dressing

Blend the above and serve with salmon salad, boiled oysters, or small broiled fish.

MAZOLA-MAYONNAISE

1 teaspoon salt 1/4 teaspoon white 1% cups Mazola pepper 1 teaspoon English mustard 1 teaspoon vinegar

2 yolks

Put yolks in a round bottom bowl. add salt, mustard, pepper and the teaspoon of vinegar and mix thoroughly (a Dover beater is best for this) then gradually add Mazola, several tablespoons at a time, and beat the oil in thoroughly before adding any more. As the dressing thickens, thin it with a little of the lemon juice and vinegar. When done, the mayonnaise should be very stiff. Proportions given will make about one pint.

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by addition of a few drops of vegetable coloring to impart tint desired.

Ingredients for salads and dressings should be chilled before combining. This includes garnish, which may be radishes cut to represent tulips, curled celery, lettuce hearts, cooked vegetables, whites of hard-boiled eggs cut into fancy shapes, yolks pressed through a sieve, stuffed olives or

mayonnaise rosettes, made by adding a little dissolved gelatine to mayonnaise, and then pressing through a bag and rose tube.

The summer salad is especially attractive when molded in gelatine as Perfection Salad shown in the illustration. Brush out mold with Mazola to allow salad to turn out perfectly.

Frozen salads furnish another ideal way of serving. The ice cream freezer may be utilized or the salad frozen by burying in equal quantities of ice and rock salt. A particularly attractive decoration for this would be rosettes made from the stiffened mayonnaise which is illustrated here.

The greatest sale of any salad oil

The wonderful economy and high quality of Mazola have given it the greatest sale of any

If you have not yet tried Mazola. get a can from your grocer. Once you try it for salads you will always prefer it to olive oil and other imported oils.

Your grocer sells Mazola in pint, quart, half gallon, and gallon cans. The large size cans are most eco-

